

Heights Happenings

RECREATION SPRING 2015

Columbia Heights

HYLANDER CENTER

City Fitness Facility - 1300 49th Ave.

WHAT: The exercise room contains 2 treadmills, 3 elliptical machines and various weight machines. Open gym, when not in use for programming, for basketball, volleyball & dodgeball. ***Photo ID & \$1 required for Open Gym use.**

WHO: Adults & Youth, Residents/Non-Residents

WHEN: Monday - Friday 9:00 - 11:00 a.m.

Mondays - Thursdays 6:00 - 8:30 p.m.

Saturdays 9:00 - 12:00 p.m. Sundays 11:30 - 2:30 p.m.

**Closed if hosting a tournament and on holidays*

Calendar available at www.ci.columbia-heights.mn.us

WHERE: Hylander Center - East Door #38
1300 49th Avenue, located on the North side of the swimming pool at the CH High School.

PARKING: Directly across 49th Ave. there are designated marked stalls for Hylander Center users.



COST: \$1 Daily drop in
\$10 monthly pass for adult Residents
\$20 monthly pass for adult Non-Residents

FREE - Youth After School

Supervised Open Gym

Mondays: Columbia Academy

3:30 - 5:30 p.m. **School Photo ID required.*

Thursdays: CH High School

3:30 - 5:30 p.m. **School Photo ID required.*

This is an opportunity to keep youth active and give them an alternative activity after school. Questions contact Recreation 763-706-3730.

ONLINE REGISTRATION www.chreconline.org

City website: www.ci.columbia-heights.mn.us

Like us on Facebook: [Facebook.com/ColumbiaHeightsRecreation/MurzynHall](https://www.facebook.com/ColumbiaHeightsRecreation/MurzynHall)

Blue Grass Comes to Columbia Heights

Wednesday, March 11th 7:00 - 10:00 p.m.

Murzyn Hall - 530 Mill Street NE

Everyone is invited to a night of FREE music entertainment from The Roe Family Singers, Vanessa Bray, and Joe & Sherri Macko. Free cider & fruit wine tastings from Top Valu. Lions Club cash bar. Kids enjoy free popcorn & apple cider. Sponsored by the CH Activity Fund.

Heights Idol

Be the next VOICE of Columbia Heights! We are searching for talented youth, adults, and seniors to be a part of the 9th Annual Heights Idol competition. CASH, Prizes and Trophies will be awarded at the event! Questions call (763) 706-3733.

When: Auditions beginning Monday, April 20

4:00 - 6:00 p.m. or by appointment only. Come prepared with one or two music selections.

Where: Theater Rm lower level Murzyn Hall

Who: Youth - Adult **Activity # 1158-15**

Fee: \$10 **Performance Jamboree** Saturday, June 27 outdoor stage of Murzyn Hall. **Dress Rehearsal required June 10, 6-8 p.m. Murzyn Hall indoor stage.*



Fitness Classes for Adults - Try a new class or join an old one, we have lots to offer! More info page 10.

Total Body Conditioning - February 25 - April 15

Adult Aerobic Dance - Tuesday and/or Thursday

Tae Kwon Do - See page 5

Senior Stompin at the Hall - Monday and/or Wednesday

FREE Seniors Head to Toe - Seated exercise, times and dates on the Senior Citizen monthly newsletter



BASEBALL & SOFTBALL

Sign Up NOW!
Pages 8 & 9

C.H. Recreation Department

530 Mill Street N.E., John P. Murzyn Hall
763-706-3730

Office Hours: Monday through Friday,
8:00 a.m. to 4:45 p.m.

The office will be closed on April 3 & May 25, 2015

Columbia Heights Recreation

Mission Statement

The mission of the Columbia Heights Recreation Department is to provide recreational and service opportunities for all ages.



Garden Plots Available!

Need more space to plant? The City of Columbia Heights offers Community Garden Plots on Reservoir Blvd. for \$20 plus tax. Contact the Rec. Dept. for more information.

Recreation Hotline

To better serve the residents of Columbia Heights, the Recreation Department maintains an information and weather phone line. Call (763) 706-3737 anytime, twenty-four hours a day, for a recorded message regarding recreation programs and activities. In the event of inclement weather, facility closure and program cancellation information will also be presented. A decision will not be made for evening programs until 4:30 p.m. Call our information line at (763) 706-3737.

WANT TO KNOW WHAT'S HAPPENING?

Check out our new City website
www.ci.columbia-heights.mn.us

Like us on Facebook: Facebook.
[com/ColumbiaHeightsRecreation/MurzynHall](https://www.facebook.com/ColumbiaHeightsRecreation/MurzynHall)

Park & Recreation Commission

Chair: David Payne

Commission Members:

Sean Clerkin, Jr.
Bruce Evans
Tom Greenhalgh
Stan Hoiium
Kevin McDonald
Marsha Stroik

Council Representative:

Gary Peterson

REGISTRATION INFORMATION

Online: www.chreconline.org. **In person or via mail at Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may also register over the phone for most activities with a Discover, Visa or Master Card payment by calling 763-706-3730.**

•Please fill out a separate registration form for each participant.

•Please make checks payable to: City of Columbia Heights.

•Confirmation: Assume registration is confirmed. You will be notified only if the class is canceled or already filled.

Participants Scholarship:

Apply at the office for assistance if unable to pay for an activity. The scholarship will cover 75% of the program fee (maximum discount is \$25); the remaining 25 percent needs to be covered by the participant's parent or guardian. Please bring a copy of your Federal income tax or school district free lunch form for verification. Only one scholarship per child per newsletter.

FOR SALE!

Heights trip T-Shirts & Athletic
Sweatshirts - Youth & Adult
Sizes \$8 - \$20 - available at the
Recreation Office

Photo Policy:

Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers, on local cable television, and/or Recreation Department publications.

John P. Murzyn Hall Rental Information

John P. Murzyn Hall (JPM), operated by the Recreation Dept. is available for rental by the general public during non-programmed times. Reserve JPM for wedding receptions, meetings, parties, banquets, etc.

Our facility offers a spacious banquet hall that comfortably accommodates groups of up to 375 people. See more photos of Murzyn Hall on our website at: www.ci.columbia-heights.mn.us.

We invite you to tour our facility or call 763-706-3737 for the JPM information line. Reservations may be made Monday through Friday 8:00 a.m. to 4:45 p.m. at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.



PARK RESERVATIONS

The City of Columbia Heights park reservations begin on the first business day of each year. A permit must be filled out at the Recreation Office located at John P. Murzyn Hall, 530 Mill Street. The Fees are as follows:

Residents: \$40 + tax (\$42.85)

Non-Residents: \$60 + tax (\$64.28)

Large Group 100 people or more: \$100 + tax (\$107.14)



NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use. It will be delivered and picked up by the Recreation Department.

Reservation Fee: \$35 + tax (\$37.49)

Please call 763-706-3730 for more information.



TOBACCO-FREE POLICY

Prohibition of Tobacco Product Usage in Youth Activity Areas

No person shall use any form of tobacco at or on any City-owned or operated recreational facilities during a youth activity.

Tobacco-Free Facilities

1. Youth playgrounds, volleyball courts and beach property to include sand area.
2. Ball fields and spectator areas during youth events.
3. Picnic shelters, park buildings, BBQ areas.
4. Sliding hills and skating rink areas.
5. Wading pools and surrounding deck areas.

Policy Enforcement

1. Appropriate signs shall be posted in the above areas.
2. Youth activity organizations will be encouraged to promote the Tobacco-Free Policy.

Summer Theater Dates

***Call early & reserve your spot in a show!!!

Liz 763-706-3733***

Theater in the Park 3rd-5th Grade

June 9-25 *1 performance

Moonshoe Players Theater

Middle School 6th-8th

June 9 - July 9 *1 to 2 performances

Millstreet Players Dinner Theater

High School 9th gr. & up

July 14 - August 13 *1 to 2 performances

Puppet Wagon Puppeteers 4th Grade & up

Puppet Shows in the Park Weekly - June 22-August 7



GYMNASTICS

Jolene Miske is the Head Gymnastics Coach at Columbia Heights High School. She started out as a gymnast and now coaches preschool through high school age students. Class Rules - Attire: leotard or tank top and fitted athletic shorts, Hair neatly pulled back. Please, No gum or street shoes/socks. Parents are to wait in the waiting area. Parents will be able to watch the First and Last Class! 8 weeks.

Where: All classes are held in the Edgemoor Room, lower level Murzyn Hall

When: Wednesdays March 18 - May 6 - / Tuesdays March 17 - May 5



WEDNESDAY SESSIONS March 18 - May 6 **Sessions at Murzyn Hall

Mommy & Me 18 mo. - 2 1/2 Year Olds | 30 Min Class | 4:00-4:30 Wednesdays | Fee: \$35 | Activity # 1199-Sp15

This class is a great starter class for children not ready to leave mom's side. We will start to develop lead up skills that will stay with them for the rest of their life. Besides learning what gymnastics is about your child will also work on important developmental milestones like listening, taking turns, communicating, and cooperative play. The next level will have harder skills that are more complex and the pace of the class will also increase.

Mighty Tykes 3/4 Year Olds | 30 Min Class | 4:30-5:00 Wednesdays | Fee: \$35 | Activity # 1200-Sp15

This class will start to develop lead up skills that will stay with them for the rest of their life. Besides gymnastics your child will also work on important developmental milestones like listening, taking turns, communicating, and cooperative play. From here, the next level will have harder skills that are more complex and the pace of the class will also increase.

Mighty Bees (No Experience) Ages 5-8 | 45 Min Class | 5:00-5:45 Wednesdays | Fee: \$40 | Activity # 1201-Sp15

This class starts to build on the skills already learned in the previous levels. If you are just starting, the first couple classes take a while until the routine is established. Once in the class the kids are moving the entire time, taking turns, and developing the skills needed to transition into the girls programs that awaits them once they are 5 or in kindergarten.

TUESDAY SESSIONS March 17 - May 5

Shooting Stars (lvl 1) Ages around 5-8 | 45 Min Class | 4:30-5:15 Tuesdays | Fee: \$40 | Activity # 1202-Sp15

This class will start to build the foundation for the rest of the skills to come. Most skills are either with spot, or on the equipment that will aid them somehow. In class the pace is fun but challenging. Starting cartwheels, support on the bars, and the beginnings of walking certain ways and jump on the balance beams. From here the skills will get a little more demanding, and the quality will increase! In gymnastics you can start here and go anywhere!



Springers (lvl 2) Ages around 5-9 | 45 Min Class | 5:15-6:00 Tuesdays | Fee: \$40 | Activity # 1203-Sp15

This class will build on the basic skills from the Shooting Stars class. Some older kids that are more coordinated may start here. In this class the kids will learn the following skills without assistance or the use of mats to aid them before they can move up. Forward and backward rolls on floor, small handstand and cartwheels, pulling over and under on the bars. Rolls and cartwheels on low/floor beams, and run and hurdling into beginner vaults. From here the skills will get more complex and these basics are crucial to achieve success in the next levels.

Leapers (lvl 3) Ages around 6-10 | 60 Min Class | 6:00-7:00 Tuesdays | Fee: \$40 | Activity # 1204-Sp15

This class will start with more advanced skills that without some prior gymnastics experience may be to challenging to some kids. In the class, the kids will further improve their abilities and work on some of the following skills: handstands, front to back cartwheels, rolls with straight arms and legs, back hip circles and under-swings on bars, cartwheel and easy jumps on beam, and running into rolls and handstand on vault. With the class lasting 60 minutes the kids will go to 2 events and end with general strengthening to help improve the quality and ease of the skills.

Register for programs online at www.chreconline.org

DANCE

Miss Renee Barnett, from the 'nMotion Dance Center in Fridley, will be teaching the winter dance session. Renee has been dancing for 17 years. She will focus on ballet and tumbling for the younger groups; the older groups will do ballet and jazz. Student learn the fundamentals, proper technique, and floor exercises, along with a dance to perform on the last class for families!

Please have students wear comfortable clothes (i.e. leotard, tights, sweatpants, yoga pants, shorts, tanks, t-shirts etc.) no jeans, hair pulled back, socks or ballet shoes, bring a water bottle. Parents will wait outside of the classroom, except for our last class, which will be a showcase of all the students have learned.

All classes are held at Murzyn Hall, downstairs in the Edgemoor room.

CLASS Schedules - \$40 per class

Mondays March 23 - May 11 \$40

Who: Preschool 3 & 4 years old

When: Mon 5:00 - 5:45

Activity # 1210-Sp15 Min 5/Max 10

Who: 5 years old & Kindergarten

When: Mon 5:45 - 6:30

Activity # 1211-Sp15 Min 5/Max 10

Who: 1st & 2nd grades

When: Mon 6:30 - 7:30

Activity # 1212-Sp15 Min 5/Max 15

Who: 3rd - 5th grades

When: Mon 7:30 - 8:30

Activity # 1213-Sp15 Min 5/Max 15



Martial Arts

Instructor, Dan Malone, has been in Tae Kwon Do for 20 years/teaching for about 15 years. He's a 4th dan (degree) black belt in Tae Kwon Do & a 3rd dan (degree) black belt in Hapkido.

Little Tigers - Martial Arts for Kids ages 3-6

Learn basic kicks, punches and strikes through a variety of exercises and fun games. Develop coordination & flexibility with peers. Promoting focus, discipline and respect. This class is a great personal tool to carry into future.

Who: Youth Ages 3 - 6 years old Min 8/Max 20

Time: 5:30 - 6:00 pm

Where: Edgemoor Rm, lower level Murzyn Hall

When: Spring Session I: Thursdays, March 12 - April 2 (4 weeks) **Activity #** 2234-Sp15 **Fee:** \$30

When: Spring Session II: Thursdays, Apr. 23 - May 14 (4 wks) **Activity #** 2237-Sp15 **Fee:** \$30

Tae Kwon Do Ages 6 & up

This Martial Arts program teaches participants (beginner to advanced) the skills of Tae Kwon Do along with its historical perspective. A certified AAU instructor will teach self-defense, kicks, stances and Tae Kwon Do Hyung (form Chon Ji). Students will be trained for belt certification testing. Participants are expected to purchase a uniform from the instructor and pay for belt registration fee.



Who: Ages 6 years old & up Min 8/Max 20

Where: Edgemoor Rm, lower level Murzyn Hall

When: Spring Session I: Thursdays, March 5 - April 9 (6 weeks)

Level 1: No belt - Yellow belt

Time: 6:00 - 6:45 pm

Fee: \$40

Activity # 2235-Sp15

Level 2: Orange belt & higher

Time: 6:45 - 7:30 pm

Fee: \$40

Activity # 2236-Sp15

When: Spring Session II: Thursdays, Apr. 16 - May 28 (6 weeks) *No class May 21

Level 1: No belt - Yellow belt

Time: 6:00 - 6:45 pm

Fee: \$40

Activity # 2238-Sp15

Level 2: Orange belt & higher

Time: 6:45 - 7:30 pm

Fee: \$40

Activity # 2239-Sp15

6 Spring Break Trips / Enrichment

Water Park of America

Tuesday, March 31

Join us at America's Biggest Water Park! Surfing, Wave Pool, 10 story Water Slide, Kayak Course, World's Longest Indoor Family Raft Ride, Lazy River with Caves, Water Cannons, Dumping Buckets, a 5,800 sq. ft. Arcade, and Camp Concessions. No food or beverages allowed, bring \$\$ for concessions/lunch. Min 25/Max 50 **Reg. deadline March 24**
***Waiver must be signed by parent**



Who: 4th - 8th graders **When:** Tuesday, March 31
Drop-off: 10:00 a.m. at Murzyn Hall
Bus leaves 10:15 a.m. **Pick-up:** 4:00 p.m.
Fee: \$14 **Activity #** 4150-sp15

NICKELODEON UNIVERSE

Thursday, April 2

Enjoy a day of thrills and chills at Nickelodeon Universe, the largest indoor amusement park in the nation. The park is home to 7 acres of fun with more than 30 remarkable rides & attractions. Each participant will receive a 5-hour unlimited ride pass! **Note: Bring a bag lunch or money for the foodcourt.** **Reg deadline March 26**



Who: 4th - 8th graders
When: Thursday, April 2
Drop-off: 9:30 a.m. at Murzyn Hall
Bus leaves 9:45 a.m. **Pick-up:** 4:15 p.m.
Fee: \$14 **Activity #** 4160-sp15

ZERO GRAVITY & A MOVIE Friday, April 3

We will go to Wynnsong Theaters for a PG rated movie. Bring money for concessions if you wish. *** Bring a Bag Lunch to eat on the bus.** Zero Gravity (Moundsview location) Trampoline Park-A destination for FUN! From 1:00-3:00 you can defy gravity, jump, bounce off walls, do somersaults in the air, flip into a foam pit and play dodge ball like never before. **Reg deadline March 27. Min 25/Max 50** ***Waiver must be signed by parent**

Who: 4th-9th grade **When:** Friday, April 3 **Drop off & Pick up** at Murzyn Hall
Drop-Off: 10:00 am **Bus Leaves:** 10:15 am **Pick-up:** 3:20 pm
Fee: \$15 **Activity #** 2408-sp15



Register for programs online at www.chreconline.org

9th Annual CH Sister Cities International Young Artist/ Author Showcase

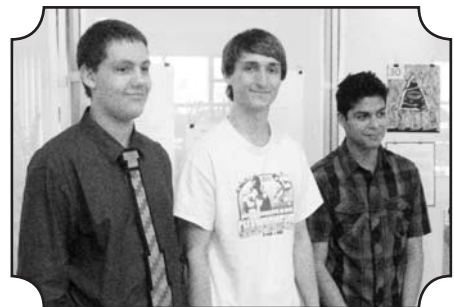
We are searching for local students 13-18 years of age to participate in the 2015 Young Artist Showcase. This year's theme is *"Connecting Communities For Peace and Prosperity"*. Local winners will receive prizes and first place winners will have the opportunity to move on to the national level. Last year's local first place winners; artist Lorryn Scott, poetry Jose Perales, who received \$100 and their work moved on to the national level.



2015 Art Exhibition at Murzyn Hall

Wed., April 22 at 7:00 p.m. (local judging)

Student Artists & Authors ages 13-18 are eligible and encouraged to be apart of this very special event open to the public as an Art Exhibition at Murzyn Hall. Winners for the Artist and Author Competitions will be announced at the exhibition.



For detailed information, please call the Recreation Dept. at (763) 706-3733

Spring Egg Hunt Saturday, March 28

Join us for some old fashioned fun! Have your picture taken with the Bunny, enjoy games, and an Egg Hunt. Bring your own basket along to collect your many colorful eggs. Dress in your "Best" for this special photo opportunity. PRE-REGISTRATION REQUIRED.

Who: 3 years old & up with a Parent or Adult **Fee:** \$7 per child **Activity #** 2609-15

When: Saturday, March 28 **Time:** 11:00 a.m. - 12:30 p.m. **Where:** Murzyn Hall - Senior Center



Spring Tennis Clinic Girls & Boys, Grades 3 - 8

Karl Haynus has played tennis for over 10 years. He coached this clinic for the past 4 sessions. Currently, he attends Hamline University majoring in Legal Studies. This Clinic will teach basic fundamentals for beginning tennis players and consistency for intermediate players. Proper tennis strokes, footwork and rules will be the focus. Participants receive a T-shirt.

Where: Columbia Academy Tennis Courts

When: Mondays & Wednesdays - May 11, 13, 18, 20, Tues. 26, 27

Grades 3-5, 5:00 - 6:00 p.m. **Activity #** 2201-15

Grades 6-8, 4:00 - 5:00 p.m. **Activity #** 2202-15

Fee: \$35 (Bring your own racket and tennis shoes.)



Spring Girls Volleyball Clinic



Join Coach Brenna Kittleson, a former CH graduate and club player for Side Out Volleyball for this Spring Clinic. In the past 9 years she has assisted with many volleyball camps through Premiere Volleyball Club, as an assistant coach and a player at their club. Sessions will include instruction in setting, hitting, passing, serving, and teamwork. Games may be played time permitting. Participants will receive a T-shirt.



Where: Hylander Center City Gym

When: Tues. & Thur., May 12, 14, 19, 21

Fee: \$35 **Grades 3-8,** 6:00 - 7:30 p.m. **Activity #** 1307-15

Girls & Boys Summer Basketball Clinic

EARLY BIRD REGISTRATION ... SAVE \$10! Boys Varsity Coach Troy Russell will lead participants through fundamentals and techniques of the game. Instruction will be given on shooting, offensive skills, passing, dribbling, free throws, as well as other basketball skills. Participants receive a T-shirt.

Who: Girls & Boys 3rd - 8th grade **Where:** Hylander Center City Gym

When: Monday, July 6 - Thursday, July 9 **Time:** 6:30 - 8:30 p.m.

Fee: Early Bird Special \$30 After June 9, \$40 **Activity #** 1596-15



TNT (Teens N Togetherness) 6th - 9th Gr

Youth Lounge NOW Open at Murzyn Hall!!! Bring your friends to hang out after school for free time. Max of 20 students. Open during holiday break!

Who: 6th - 9th grade **When:** Every Tuesday

Time: 3:30 - 5:30 pm - Students must sign in by 4:00

Where: Murzyn Hall Youth Lounge **Fee:** FREE



Sports Sampler for Kids

This is a great opportunity for younger kids to get active this winter! Sam & Cassi will give an introduction to sporting activities such as baseball/softball, basketball, soccer, football, kickball, volleyball, frisbee golf, track & field, parachute, bowling, hula hoops, jump ropes, hopscotch, four square, throwing and catching. Min 8/Max 10

Who: Boys & Girls, 4 years - Kindergarten

Glitter Bugs: Tuesdays, March 10 - 31

Time: 6:30-7:30 pm

Where: North Park Elementary Gym

Fee: \$15 **Activity #** 1100-sp15

Who: Boys & Girls, 1st - 3rd Grade

Dyno-Hites: Tuesdays, March 10 - 31

Time: 7:30-8:30 pm

Where: North Park Elementary Gym

Fee: \$15 **Activity #** 1101-sp15



***Register for programs online at**

www.chreconline.org



**VOLUNTEER COACHES
NEEDED FOR ALL
BASEBALL & SOFTBALL
TEAMS**



Mites T-Ball

For children completing Kindergarten and 1st grade. Players will be introduced to the game and will use a tee for hitting. Emphasis is on fun and fundamentals.

Tues. & Thurs. May 26 - July 16

Fee: \$30

Registration deadline: May 5

Please choose a location:

Keyes Park #1005-15

McKenna Park #1006-15

Huset Park #1007-15

JR. HYLANDER HOUSE LEAGUE BASEBALL



Squirts Baseball

For children completing 2nd and 3rd grades. Coaches will pitch to hitters. Emphasis is on fun and fundamentals.

Mon. & Wed. May 11 - July 15

Fee: \$35

Registration deadline: April 20

Please choose a location:

Keyes Park #1010-15

McKenna Park #1011-15

Huset Park #1012-15

Registration is on a first come, first served basis. The Rec. Dept. reserves the right to shift registrants if sufficient coaches are not available at a particular location or if teams need to be balanced. The department will try to form one team per program at each park. Maximum of 13 players per team. Coaches umpire all games.

CH Baseball/Softball Fundamentals



Coaches Jared & Naty will provide a fun, fair, and positive experience for all participants. They will teach basic baseball & softball fundamentals, proper sportsmanship, and will provide the opportunity to learn different positions in the games of baseball and softball. T-shirt for each player. Prizes awarded.

Who: Boys & Girls Ages 7-14 **Where:** Hylander Center City Gym
When: March 16, 17, 19 **Time:** 6:00-8:00 p.m. **Fee:** \$35
Activity # 1021-15



Register for programs online at www.chreconline.org

Traveling Baseball

The C.H. Recreation Department will offer a traveling league baseball program for youth, ages 8 - 15. If necessary an evaluation clinic will be held to determine their skill level and knowledge of the game.

The "North Suburban League" is a competitive league designed for participants that have knowledge & skills of the game. This league is designed to improve baseball fundamentals, sportsmanship and have fun. Traveling is required. Some participating cities may include Fridley, New Brighton, Mounds View, St. Anthony, and White Bear Lake.

The "Gopher State Baseball League" is designed for participants of an advanced skill level and will involve travel of farther distances, mostly around the metro. There could be a tournament outside of the metro. It is a more competitive league, and participants are not guaranteed equal playing time.

The goal of the Rec. Dept. is to place youth in programs that are comparable to their skill level and knowledge of the game. As with all programs, we strive to ensure that participants have a positive experience, fun, and learn the fundamentals of the activity. Participants must pre-register with payment and deposit **by March 13**. Players will not be allowed to participate in the evaluation process unless registered. Dates & time of the evaluation clinic to be determined. Register early to ensure team placement in the league. New bat regulations still apply. 12 per team.

Fee: \$60 per participant & **Uniform Deposit:** \$50 per participant

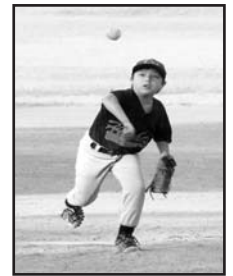
AGE GROUPS

10U #1064-15 - Max. age as of May 1 - 10 yrs

11/12U #1065-15 - Max. age as of May 1 - 12 yrs

13U #1066-15 - Max. age as of May 1 - 13 yrs

14/15U #1067-15 - Max. age as of May 1 - 15 yrs



2015 ADULT SLOW PITCH SOFTBALL

Monday Mens "E"

Double Header League

Cost: \$700

Start Date: April 13

Max # of Teams: 8

of Weeks: 11

Thursday Mens "D"

Double Header League

Cost: \$700

Start Date: April 16

Max # of Teams: 8

of Weeks: 11

Contact Keith at the
Rec. Dept. for more
details 763-706-3732.

TEAM DEPOSIT

A non-refundable deposit of \$250 will secure your team a place in a league. Any balance must be paid by April 6.

MANDATORY MANAGERS MEETING

All managers are required to attend a mandatory meeting on Mon., April 6 at 6:00 p.m. at John P. Murzyn Hall. Teams will receive schedules, rules, books, tournament books, game balls and general league information at this meeting.

CH JAMBOREE TOURNAMENT MEN'S SLOW PITCH SOFTBALL

Double Elimination -
16 Teams Max

JUNE 27th - 28th

1st Place - \$250 and trophy

2nd Place - \$150

Entry Fee of \$150

Activity #5099-15

Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance and core strength through a variety of body conditioning exercises and stretching for flexibility. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, ankle or wrist weights 1lb optional, water bottle, a yoga mat or towel, and tennis shoes.



Who: Adults, all ages & skill levels

When: Wed. Feb. 25 - April 15

Time: 6:00-7:00 p.m.

Where: Edgemoor Rm, lower level Murzyn Hall

Fee: \$40 **Activity #** 5101-Sp15

ADULT Aerobic Dance

These classes are for adults interested in motivated workouts involving low impact dance steps. Enjoy this vigorous and fun exercise class that will help you get and stay in shape. Class uses low impact dance steps. Bring a mat or blanket for floor exercises. Class is held at Murzyn Hall, Main Hall.

Tuesdays

Date: April 14 - May 12

Time: 7:00 - 8:00 p.m.

Activity # 8206-sp15

Costs: \$13.75 - 5classes

Thursdays

Date: April 16 - May 14

Time: 6:30 - 7:30 p.m.

Activity # 8207-sp15

Costs: \$13.75 - 5 classes

'Head to Toe' - Free, Seated Exercise Classes!

All are welcome to this fun, upbeat class! You will get a great work out from head to toe (thus the name of the class). This class would be ideal for anyone concerned about balance issues in a "standing" class. We move for an entire hour but you can take it at whatever pace you would like. You do not need to call or sign up, you just need to show up! Questions call 763-706-3735.

Who: Adults **Where:** Edgemoor Rm, lower level

When: Mondays and/or Wednesdays

Time: 12:00 noon to 1:00 p.m.

Cost: FREE

Crochet Fun March - June

Would you like to learn to crochet, get some new ideas, patterns or just visit while you crochet? Join the fun, bring your own projects or try some quick and easy kits that can be purchased from instructor, Beth Ann, for \$5 to \$10. Free "how to" sheets and patterns will be available. Come to learn or just come to set time aside to crochet.



Who: Adults 18 & over

Where: Keyes Rm at Murzyn Hall

When: Thursdays, 6:30 - 8:00 p.m.

March 5 - April 23

Fee: \$10 **Activity #** 2653-sp15

April 30 - June 25 *No class May 21

Fee: \$10 **Activity #** 2654-sp15

Sign up online at www.chreconline.org



Stompin' At The Hall 55 years & older

Increase your energy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Bring a mat or blanket for floor exercises. Choose one or two sessions. Men & women welcome. Beginners class will learn the routines before joining the regular classes. Classes held at Murzyn Hall.

Mondays

Date: April 13 - May 11

Time: 9:00 - 10:00 a.m.

Activity # 8202-sp15

Cost: \$13.75 - 5 classes

Thursdays

Date: April 16- May 14

Time: 9:00 - 10:00 a.m.

Activity # 8204-sp15

Cost: \$13.75 - 5 classes

***Tuesday - Beginner** Begins April 14 - eventually joins one of the other days call for details

REGISTRATION INFORMATION

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PARTICIPANT INFORMATION *Use a separate form for each participant* Please print & complete all information
Mail or Bring to: **Columbia Heights Recreation, 530 Mill Street N.E., Columbia Heights, MN 55421 ph: 763-706-3730**

Participant Last Name: _____ First Name: _____
Grade: _____ Birthdate: _____ Male or Female: _____ Email Address: _____ State: _____ Zip: _____
Address: _____ City: _____ Home Phone: _____ Work Phone: _____
Parent/Guardian: _____
Additional Info/Special Needs: _____
Emergency Name & Phone #: _____ Cell Phone: _____

ACTIVITY / PROGRAM INFORMATION

Activity Name	Activity Location	Activity #	Fee
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
*Make Checks payable to "City of Columbia Heights"			Total Due =

DATA PRIVACY ADVISORY: By signing below, I understand that this information will only be made available to program staff, the City's insurer and attorney, and to others connected with the program for the purposes of administering the activity and providing me with the notice of scheduling changes.

I, The Undersigned, participant, do hereby agree to participate in the aforementioned activity(ies), and I further agree to indemnify, and hold the City of Columbia Heights harmless from and against any and all liability for any injury which may be suffered by the aforementioned individual(s) arising out of, or in any way connected with, participation in this activity.

Parent/Guardian or Adult Participant Signature: _____

FOR OFFICE USE ONLY

Amt. Paid _____ Date _____ Cash _____ Check # _____ Charge _____ Initial _____
Uniform Deposit (if needed) Cash _____ Check # _____
Notes: _____

Senior Center

The Columbia Heights Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social and recreational programs to those 55 years and older in the community. We serve as a resource center for senior concerns and issues. The center is open Monday - Friday from 9:00 a.m. to 4:00 p.m. and is handicapped accessible.

- For more information call 763-706-3735 or the City website www.ci.columbia-heights.mn.us.

Senior Highlights

This monthly newsletter informs seniors of the programs, classes and special events being offered at the center. Available at the Senior Center, Recreation Office, CH Public Library, City Website, and online at the City website.

Golden Age Club

The Golden Age Club is a social group that meets the first and third Thursday of every month at Murzyn Hall from 11:00 a.m. to 2:00 p.m. Coffee and dessert are provided and you may bring a bag lunch if you desire. Yearly membership fee = \$20.

Card Games

Our **'500' CLUB** meets on Wednesdays beginning at 10:00 a.m. in the Senior Center. This is for anyone who enjoys playing in a more structured setting. Participants contribute 25 cents per time for coffee and dessert. If you would like to give it a try, please stop by. You do need to know how to play.

A **BRIDGE GROUP** meets on Mondays from 9:30 a.m. - 12:00 noon in the Senior Center. If you are interested in playing, please call 763-706-3735 for more information. You do not need a partner, as you will be paired that day. You must be familiar with the rules of the game.

CRIBBAGE meets on Friday mornings from 10:00 a.m. - 12:00 noon. You do need to know how to play the game and its strictly for fun. We are always looking for new players so come and join us.

Trips and Outings Enjoy the exciting sights and sounds of the metro and surrounding areas. Theaters, concerts, luncheons, tours and special places of interest will be visited. If you are interested in being on our mailing list, please call 763-706-3730 to leave your name and address.

Senior Outreach

The Senior Outreach Program (ACCAP) for Columbia Heights provides assistance to senior and disabled adults throughout Anoka County. Helping people find resources in the community to help enable them to remain independent. Did you know that there are programs to help subsidize your energy bills, prescription discount programs, food assistance, free insurance counseling, "Store to Door" grocery shopping and legal aid assistance that comes to local senior centers? Senior outreach workers can come to your home and assist you with access to these programs. For more information call Karen F., Senior Outreach Worker for Columbia Heights at 763-783-4741.

Helpful Services

Chores & More

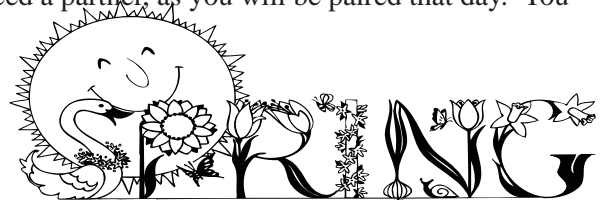
This is for persons over 60 or disabled adults. If you need assistance with various household services including house cleaning, lawn raking, snow removal and minor repairs, please call 763-502-5151 Monday through Friday. There is a sliding fee for these services.

Health Insurance Counseling

Health insurance counseling services are available to Medicare beneficiaries or soon to start Medicare. Call the Senior Linkage Line 1-800-333-2433 to ask questions or make an appointment. This free service is not affiliated with any insurance company.

Blood Pressure

Blood Pressure is checked free of charge on the second Friday of every month in the Senior Center from 9:00 a.m. to 9:30 a.m. Provided by the CH Fire Dept.



Footcare for Seniors

"Happy Feet Footcare, Inc." will be providing foot care for seniors at the CH Senior Center the first & third Wednesday of the month from 9:00 a.m. - noon. To make an appointment you must call 763-560-5136.

The cost is \$34 per visit and payment is due at the time of service. "Happy Feet" nurses specialize in routine foot care for seniors and diabetic feet. They work on corns, calluses, thick or curled toenails and ingrown nails if they are not well advanced. A foot soak and massage are provided with each visit. Remember you must schedule an appointment.

Recreation Highlights

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Please register early for all Recreation programs so that we can ensure each program will be a success!

9th Annual HEIGHTS IDOL Jamboree

Join us for an outdoor Jamboree performance showcasing the talents of Columbia Heights. Heights Idol participants will have the opportunity to be a part of Heights Idol Jamboree on Saturday, June 27. **Judges will award cash, prizes, & trophies.** Weather permitting the performance will be on the outdoor stage near Murzyn Hall. Call Liz with questions 763-706-3733.



SIGN UP ONLINE AT WWW.CHRECONLINE.ORG!!!

Miss Columbia Heights 2015

It could be you! The Columbia Heights Royalty is seeking candidates for 2015/2016. Come join the fun! We participate in local parades, volunteer at local events, love representing Columbia Heights, and scholarship money is awarded. Applications are now being accepted for girls and young ladies who live or work in Columbia Heights School District Boundaries. Ages: Little Miss 6-8 years, Junior Miss 11-13 years, Miss Columbia Heights 17-21 years. Find an application on the city website or email cohiroyalty@gmail.com. Applications deadline April 30, 2015.



***Register for all programs at Columbia Heights
Recreation 530 Mill St. 763-706-3730***

Benvenuto

INFORMACION DE LA INSCRIPCION

*Inscripción en línea al www.chreconline.org. Las Inscripciones son aceptadas en persona o a través de correo regular dirigido a Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Puede pagar en efectivo o con cheque. La caja de correos para depositarlo después de las horas de atención esta localizado en la parte este del edificio. También puede inscribirse a través del teléfono llamando al 763-706-3730, y puede pagar con tarjeta de crédito: Discover, Visa, o Master Card.

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa.

*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, 21st Century Community Learning Centers.

Heights Happenings

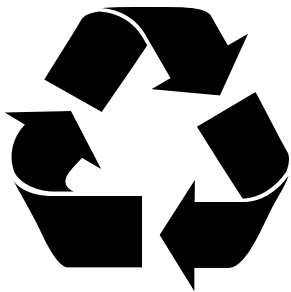
Columbia Heights



SPRING 2015

News and information about your neighbors and your city.

County sets new 2015 recycling goal



The City of Columbia Heights has a new goal for 2015 to collect 1,826 tons of recyclable materials, which is a 0.5% increase from the 2014 goal. Recycling goals are set by Anoka County for all of its cities.

This can be accomplished if each household in Columbia Heights has a packed cart, around 22 pounds, every recycling day. Recycling is collected every-other-

week, but residents can exchange their current 60-gallon recycling cart for a 90-gallon recycling cart for the same flat rate of \$2.93 per month.

In addition, the contractor will always collect extra recycling outside of

continued on page 2

CHHS grad keeps royalty program alive

Sue Hansen works to keep the Columbia Heights Royalty program alive and well. When it was dying a few years ago, she revived it with support from a good team of volunteers.

Hansen sees value in the program—both for the city and for the girls who are involved.

By having royalty representatives, Columbia Heights becomes more visible in the Twin Cities area. This builds connections with other communities who then want to be part of the Jamboree parade.

Young women experience personal and professional growth by serving as royalty while they develop public speaking and interview skills. It's also a way to build networks while giving back to their hometown.

Hansen, a 1975 graduate of Columbia Heights High School, was a candidate for Miss Columbia Heights the year she graduated. She has owned a local business, Embroidery & More, on 40th, just west of Central Avenue, with her husband Mick for 17 years and has been very

continued on page 3



Captain Austin is among members of the police department who are mentoring youth through the Big Brothers Big Sisters program.

CHPD employees at work in the community

Employees of the Columbia Heights Police Department (CHPD) found a variety of ways to give back to the community during 2014.

Members of the Columbia Heights Police and Fire Departments hosted an open house event at the Public Safety Center in April to raise funds for Kody's Closet which provides clothes, food and toiletries for students in need at area schools. Nearly \$3,500 was raised from this event in partnership with Columbia Heights School District 13 and Southern Anoka Community Assistance (SACA).

Officers participated in the 12th Annual Police and Fire Charity Softball Extravaganza at Huset Park on Aug. 6 to support SACA, the local food shelf. The event raised \$800 in cash and 150 pounds of food.

Several employees are mentoring youth at Highland Elementary School through the Big Brothers Big Sisters

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Join city commission Page 3

Employee of the Year Page 3

Antique expert Page 4

Library pancake breakfast. Page 4

Danger of hoarding Page 8



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Peace award will be presented in May

The 2nd annual City of Peace Award will be presented at the annual Columbia Heights Prayer Breakfast on May 6.

An individual, a company and an organization will be highlighted for promoting peace in their communities.

Recipients will be selected based on their efforts to empower people of all cultures and backgrounds to become better educated, have the opportunity to work decent jobs, practice their own faith, and as a result, live better lives so they can become more productive citizens and give back to their communities.

Watch for more information at www.ci.columbia-heights.mn.us or call Mayor Gary Peterson (763) 706-3607.



The First Annual City of Columbia Heights City of Peace Award was presented to The Nuestros Pequeños Hermanos of Mexico for their continuing mission of saving the lives of many children, caring for them, and raising them in a loving and secure environment.

City's 'Employee of the Year' is selected

The 2014 "Employee of the Year" is Sherri Jensen, a maintenance worker in the Columbia Heights Public Works Department for the past 15 years.

Each year since 1984, a city employee is selected to receive the "Employee of the Year" award based on his/her public relations, consistency of job performance, and/or significant accomplishment(s). The program recognizes city employees for their accomplishments and contributions to the city.

Jensen is always promoting better public relations by being helpful with residents, especially under very trying circumstances. She is dependable, reliable, polite, considerate and willing to adjust her work schedule as needed before or after her normal working hours. She is also supportive to her co-workers.

Jensen has suggested many positive procedural changes in her department (which have been implemented), allowing for great historical value. She has also suggested other ideas that have saved time, money and headaches for both residents and city staff.

Congratulations and many thanks to Sherri Jensen!



Public Arts Commission invites artists to join online directory

Are you an artist who lives in Columbia Heights and/or has a connection to the city?

If yes, the Columbia Heights Public Arts Commission hopes to hear from you.

As one of their first projects, members of the city's newest commission are creating a directory of local artists. They're inviting artists to fill out an online form on the commission's page on the city's website at www.ci.columbia-heights.mn.us.

"We want to bring attention to the fact that we have so many talented artists within the community and to help promote their work," said Gretchen Nelson, a commission member.

The online form will include contact information, website URLs, medium (type of art work such as visual, performance, textile, plastics, literary, etc.) and descriptions and photos (or videos) and the artist's resume. Artists will be able to provide samples of their work via pictures, videos and/or from their website and say where their work is displayed and how people can purchase it.

The commission's mission is to encourage and promote the arts to enrich the lives of citizens and visitors to the community.

Recycling, continued from page 1

the container if prepared properly by using the old recycling box or paper bags.

There are several financial benefits to recycling besides the environmental impact. Trash disposal costs for solid waste continue to increase by approximately 7% per year at the Anoka County approved site in Elk River. The more recyclable materials that are put in the recycling bin rather than the trash will lower the overall tons of solid waste, and thus the total cost of disposal. For example, if the city's recycling goal for this year is met, then the city's refuse fund will save \$115,000 in disposal fees. As residents increase their recycling efforts, they may also notice a decrease in trash, making it possible to switch to a smaller and less expensive garbage container.

Environmentally, recycling reusable material makes more sense than burning or dumping in a landfill.

City achieved 92% of 2014 recycling goal

Preliminary reports indicate that 1,670 tons of materials were recycled in Columbia Heights during 2014. This included materials collected through curbside recycling, the city's recycling center, and the multi-city recycling day event. Thanks to Columbia Heights residents, this saved the city's refuse fund over \$98,400 in trash disposal fees.

This means that 21% of the total residential solid waste produced in the city was recycled. The remaining solid waste was delivered to refuse-to-fuel facilities in the metro area.

Apply to serve on a city commission

Residents are encouraged to apply for volunteer advisory commissions for the City of Columbia Heights. The city greatly appreciates residents volunteering to share their time and talents with the community by serving on these commissions and boards.

These commissions include the Charter Commission, Library Board of Trustees, Traffic Commission, Planning and Zoning Commission, Park and Recreation Commission, Economic Development Authority, Housing and Redevelopment Authority and Public Arts Commission.

Expiring board and commission terms are reviewed annually in the spring. To be considered for appointment this spring, please return your application by March 17. Applications are available at www.ci.columbia-heights.mn.us or contact the City Clerk at (763) 706-3611. You can also read more about what each commission/board does on the city's website to determine which one is the best fit for you.

Nominate a Humanitarian of the Year

Nominations are now being accepted for the 40th Humanitarian of the Year Award until May 15. The award was established to give public recognition to residents of Columbia Heights who have unselfishly contributed their time and effort helping people and promoting better understanding between people.

There is no age limit for this award. The only requirement is that nominees live in the City of Columbia Heights. Nominations are especially sought of people who have not otherwise been publicly recognized such as public officials. Past award recipients are not eligible to receive the award again.

The person selected to receive the award will be honored with a reception at Columbia Heights City Hall. Applications are available at City Hall, Administrative Office, 590 40th Avenue NE, and on the website www.ci.columbia-heights.mn.us. Applications from previous years have not been retained.

CHPD employees at work, continued from page 1

program, and many others have been visiting elementary school classes to talk with students about bullying as part of the department's youth outreach.

For the third year, CHPD participated in the "Movember" initiative to raise funds and awareness for men's health issues by growing facial hair. Officers were allowed to wear mustaches and neatly trimmed beards during November if they were pledging to raise money for this important cause. This year, the CHPD Movember team raised \$3,134, raising almost \$6,000 over the past three years.

To cap off the year, members of the Columbia Heights Police Association participated in the fifth annual Shop With a Cop event. This year, they sponsored a record of eight families by assisting them with gifts, groceries and other holiday related purchases. This event is made possible through the generosity of CHPA members and donations from community partners, including a particularly generous donation from the members of St. Tim's Church.

The employees of the Columbia Heights Police Department are dedicated to making a difference in our community, and are proud to be of service to residents.

Heights Royalty applications due April 30

Girls and young women who want to become Columbia Heights royalty need to apply by April 30.

Royalty categories include: Miss Columbia Heights, ages 17-22; Junior Princess, 11-13 years old; and Little Miss, 6-8 years old.

In addition to representing the city at parades and events in the Twin Cities, royalty will receive a \$2,500 scholarship for the Queen and \$500 savings bonds for the Junior Princess and the Little Miss.

More information and application forms are available on the city's website. Click on "Recreation" then "Jamboree."

Royalty, continued from page 1

involved in the city.

Hansen is proud of the current Miss Columbia Heights, Claire Cooke, who does a wonderful job of representing the community. "Claire is well-rounded; she participates in so many activities at Columbia Heights High School where she is a senior and will graduate in June," said Hansen.

She would like at least 10 queen candidates this year. She hopes that generous scholarships, made possible with local support, will interest more young women in applying. Hansen is aware of only one other city that provides a larger scholarship. Members of the Columbia Heights Royalty also receive many other perks including shirts, jackets, outfits and hair styling.



Left to right: Junior Princess Gissel Inamagua, Queen Claire Cooke, Princess Allison Olsen, Junior Princess Dasy Inamagua, and Little Miss Madison Ratliff (center)

Royalty will ride in the Columbia Heights Jamboree parade and other parades in NE Minneapolis, St. Louis Park, New Brighton and more.

This summer, the Columbia Heights Royalty will ride in the

gigantic Minneapolis Aquatennial parade for perhaps the first time ever. Royalty attend other community events like the Polar Plunge this winter to raise donations for the local food shelf.

The coronation will take place at 1 pm. on Sunday, June 28, in the auditorium at Columbia Heights High School during the 59th annual Columbia Heights Lion's Club Jamboree & carnival from June 24 to June 28.

"It's a one-year commitment that provides many new opportunities to meet new people, visit new places, have new experiences and grow in confidence," said Hansen. "I encourage young women to apply."

Hansen said new volunteers are always needed for royalty support in chaperoning, fundraising and more. Contact her for more information at (763) 789-2334 or embromore@aol.com.

COLUMBIA HEIGHTS PUBLIC LIBRARY

820 40th Ave. NE

Reference/Information: (763) 706-3690

Renewal: (763) 717-3261

Fax: (763) 706-3691

TDD: (763) 706-3692 (Hearing impaired only)

www.anoka.lib.mn.us

www.ci.columbia-heights.mn.us

Cable Channel 19

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www.facebook.com/ColumbiaHeightsPublicLibrary

Library Hours

Monday – Wednesday: 9 a.m. to 8 p.m.

Thursday: 10 a.m. to 6 p.m.

Friday: 9 a.m. to 5 p.m.

Saturday: 10 a.m. to 4 p.m.

Sunday: CLOSED

Library Closed

Good Friday, April 3

Staff Development Day, May 14

Memorial Day Weekend, May 23-25

Nonfiction Book Club:

What are you reading now?

Friday, March 20, 2 p.m.

Friday, April 17, 2 p.m.

Friday, May 15, 2 p.m.

Bring along a nonfiction book that you are currently reading or recently finished and share your thoughts and recommendations with the group. Meet other interested readers and get ideas for new titles to add to your reading list. The Nonfiction Book Club meets in the library at 2 p.m. on the third Friday of the month.

Library Book Club

Drop in for a favorite book discussion or become a regular member. Book Club meets in the library at 10 a.m. on the last Wednesday of each month. Upcoming discussions include:

"The Art of Fielding" by Chad Harbach

Wednesday, March 25, 10 a.m.

"The Good Lord Bird" by James McBride

Wednesday, April 29, 10 a.m.

"One Thousand White Women" by Jim Fergus

Wednesday, May 27, 10 a.m.

Friends' Pancake Breakfast

Pancakes, sausage, juice and coffee.

\$3 per person. Proceeds benefit the Friends of Columbia Heights Library.

Friday, April 17, 8:30 to 10 a.m.

The Lighthouse of Columbia Heights,
3801 Hart Blvd. Columbia Heights, MN 55421



Antique Appraiser featured at library event

Saturday, May 2, 11 a.m. to 2 p.m.



Find out if you have a treasure or a treasured trinket at this special event featuring author and antiques expert Mark F. Moran, who is also a guest expert on the popular PBS program, "Antiques Roadshow." Call (763) 706-3690 for

more information and to reserve your time slot. This free program is funded with money from Minnesota's Arts and Cultural Heritage Fund. Photo: Gary C. Klein, Sheboygan Press

Senior Surf

Wednesdays, March 4, April 1 and May 6, 9:30 to 11:30 a.m.

Get hands-on computer experience with help from representatives of the Senior LinkAge Line. Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Register online or call (763) 706-3690. Presented in collaboration with Minnesota Board on Aging and Metropolitan Area Agency on Aging.

Meet the Birdchick (Rescheduled!)

Wednesday, March 11, 6:30 p.m.

Don't miss this visit by Sharon "The Birdchick" Stiteler, author of "1001 Secrets Every Birder Should Know." Stiteler describes herself as, "a field trip leader, birding consultant, humorous keynote speaker, bird field technician, bird bander and writer." She also professes to performing improv, digiscoping (whatever that is!) and keeping bees. Register online or call (763) 706-3690. Walk-ins welcome.



First Pages - Loft Writing Class

Family Stories into Memoir: Write Your Life!

Wednesday, March 18, 2 to 3:30 p.m.

Whether you want to write down your memories for family members and friends or hope to publish a book-length memoir, come try your hand at writing exercises to spark your memory and tell your story! Limited seating. Register online or call (763) 706-3690.

The History of Hilltop and Columbia Heights

Saturday, April 25, 2 p.m.

Relive local history through stories and photographs about the dry days of Prohibition, a WWII hero who was elected mayor and a contest to name Columbia Heights. This is backyard history at its best! Register online or call (763) 706-3690. Walk-ins welcome.

Children's Programs

Beginning Reader Storytime

Tuesdays, March 3 to 24, 3:30 to 4:30 p.m.

This is a special after-school storytime for kids learning how to read on their own. Join us for a snack, stories and activities to practice reading skills and explore the Every Child Ready to Read principles of sing, talk, read, write and play. For ages 4 through grade 2. Registration required.

LEGO Club

Second Thursday of each month

March 12, April 9, 3:30 to 4:30 p.m.

Do you love all things LEGO? Join us after school for a LEGO building program. We'll provide the LEGO bricks, you bring the imagination. For grades K-8. Registration not required.

Experiments in Paint

Monday, March 30, 2 to 3:30 p.m.

Use cardboard, a cardboard box, bubble wrap and several marbles to discover three fun and unique ways to paint. Drip, press and roll — no brushes needed. Wear clothes that can get messy. For grades K-8. Registration required.

Castles in the Sky

Wednesday, April 1, 2 to 4 p.m.

Imagine yourself as the king or queen of a magical kingdom. What might your castle look like? Work with an artist from ArtStart to create your own castle with towers, moats and more with reuse materials. For grades K-8. Registration required.

Family Art Day

Saturday, April 18, 12 to 2 p.m.

Calling moms, dads, grandparents, brothers, and sisters! Families will work together to attach mosaic tiles to a wood frame and paint a canvas panel to place inside. For all ages. Registration required.

Storytime @ the Library

March 2 to April 28

Join us for songs, books, rhymes and fun! No registration required.

Toddler storytime

(Geared toward ages 18 months to 3 years)

Mondays, 10:30 to 10:50 a.m.

Preschool storytime

(Geared toward ages 3 to 5)

Tuesdays, 10:30 to 11 a.m.

Block Party

Thursday, April 30, 10:30 to 11:30 a.m.

Play at the library! Have fun building and creating with a variety of blocks. Block play builds math and science skills, but also motor and social skills. For ages 2 to 5 and their parents or caregivers. Registration required.

READ Dogs

Saturday, April 11, 10:30 a.m. to 12 p.m.

Real dogs in the library? Yes! Participants may register for a 15-minute one-on-one session to read with a therapy animal. Registration required.



Teen Programs

Libraries Are For Making...

Tuesday, March 31, 2 to 4 p.m.

Celebrate Teen Tech Week by making something unique and creative at the library. For grades 5 to 12. Registration not required.

Minute to Win It

Thursday, May 21, 4 to 5 p.m.

What can you do in one minute? See if you have what it takes to Face the Cookie or complete the Stack Attack. Bring your friends for a little friendly competition, snacks and prizes. For grades 5-12. Registration not required.

Teen Advisory Board (TAB)

TAB is a group of teens who participate in the functioning of the library and is a forum to have your opinions heard. Membership is open to grades 6 through 12. See Children's Librarian Bethany for more information. The group meets on the first Monday of each month from 4 to 5 p.m., March 2, April 6, May 4

VolunTeens @ the Library

Learn more about the library, help your community, meet new people, and be able to earn community service hours for school. The Columbia Heights Public Library will accept applications for summer from teens ages 13 and older who are self-motivated and reliable. Forms will be available on April 1 at the library and are to be completed and returned by May 1. Volunteers must commit to two 2-hour shifts per week from June through mid-August. Training is provided.

Baby Read, Baby Grow

Tuesdays, April 7 to May 5, 2 to 2:30 p.m.

Baby Read, Baby Grow is a program for infants ages birth-24 months and their parents or caregivers. Join us at the library for read-aloud stories, sing-a-longs, activities and lots of fun. Sessions include tips and hints on what to look for as your child develops and ways to ensure your infant's intellectual growth matches his/her physical growth. Baby Read, Baby



Grow is free and is part of early literacy collaboration between the library and the Early Childhood Family Education (ECFE) program in Columbia Heights School District 13.

Police department office hours

The Columbia Heights Police Department office is open Monday through Friday, 8 a.m. to 4:45 p.m.

The telephone number is **(763)**

706-8100. The office is located in the Public Safety building, **825 41st**

Avenue NE. The police department is closed on weekends and holidays. A telephone is located inside the entry doors that can be used after hours to request assistance.



For general information, activities, ordinances, and services, visit www.chpolice.com, find us on



[Facebook.com/chpolice](https://www.facebook.com/chpolice), and follow us at twitter.com/colhgtspolice.

Employee Spotlight: Justin Pletcher

Sergeant Justin Pletcher has been with the Columbia Heights Police Department since 2010. He was born in Iowa, but raised in Apple Valley. Pletcher attended the University of Wisconsin-Madison and Arizona State University where he obtained a Bachelor's degree in Sociology. He served in the Army National Guard and was deployed to Iraq for 15 months in support of Operation Iraqi Freedom. Pletcher recently graduated from the University of St. Thomas with a Master's degree in Public Safety and Educational Leadership.



Before being promoted to Sergeant in April of 2014, Pletcher served as a patrol officer, a member of the CHPD Street Crimes Unit, and as a detective with the Anoka-Hennepin Drug Task Force. He is part of many outreach activities within the police department including Big Brothers Big Sisters and the Anti-Bullying reading program. He organized the first Community "Eat and Greet" in the summer of 2014.

Pletcher is a self-proclaimed professional karaoke singer and can often be heard singing around the police department. He grew up playing many sports and continues to be a sports fanatic who still enjoys getting out on the ice and playing hockey when he has time. Pletcher will marry Talia in October 2015 and she will be a welcomed addition to the CHPD family.

When asked what he likes best about working in the City of Columbia Heights, Pletcher said, "I enjoy working for a smaller city like Columbia Heights because it allows you to get to know your community on a more personal level, but the police department is so active in the community, and greater Anoka County, that it still allows the opportunities of a bigger department making it a very fun department to work for."

CHPD Team develops strategic plan

Eighteen members of the Columbia Heights Police Department came together in December to shape the future of the department by creating the 2015 Strategic Plan as a team.

The group included representatives from patrol and the command staff, including both Chief Scott Nadeau and Captain of Police Lenny Austin, as well as front office staff. As the Columbia Heights Police department continues to grow, so too does the involvement of each and every individual working there, said Nadeau.

The meeting began with a brief lesson from Peter Senge, a well-known American systems scientist from the MIT Sloan School of Management who often preaches the importance of a "learning organization." He states, "Learning organizations' [are] organizations where people continually expand their capacity to create the results they truly desire, where new and expansive patterns of thinking are nurtured, where collective aspiration is set free, and where people are continually learning how to learn together." It is in this vein where Columbia Heights hopes to achieve results, working as a team, and collectively setting goals for everyone to both agree upon and share in – police officer and civilian alike.

So what is a strategic plan, and why is it important that it be created by a team rather than an individual? The Columbia Heights Police Department's strategic plan is a living document that is designed to communicate the organizational goals, the actions needed to achieve those goals, and several other critical elements designed to highlight and steer the direction of the department. Strategies such as communication, training, and both problem-oriented and community-oriented policing methods are analyzed by the members of the strategic planning committee to enforce the future success of the department. What's working? What's not? Why? How can we make our department better? All of these questions and many more are asked, and then answered as a group. Action plans are developed, agreed upon, and installed into the strategic plan, creating a blueprint for the department to follow in all of its future endeavors. New initiatives and committees are proposed, and the effectiveness of existing committees and programs are debated at length. Each voice offers a respected opinion of belief and commitment individually, but as these voices come together a chorus of accomplishment is found in the finished product—a new strategic plan for the Columbia Heights Police Department. This plan will be reviewed and adjusted as needed during quarterly evaluations, again by the committee which is dedicated to ensuring ongoing adherence to the strategic plan and its continual improvement.

This year the police department had additional input that has not been available in the past. Recently the department conducted a citywide survey with questions that included asking residents if they felt safe in various aspects of their everyday lives, questions about crime, etc. There were also questions about their relationship with the police department and how effective and professionally competent they find their police department to be.

continued on page 7

**Gary Peterson****John Murzyn, Jr.****Bruce Nawrocki****Donna Schmitt****Bobby Williams**

The Mayor and City Council members are your elected representatives. City Council meetings take place at 7 p.m. on the second and fourth Mondays of each month in the council chambers at city hall. Meetings are broadcast live on Channel 16 and are rebroadcast on other days.

For more information, including agendas and minutes, go to www.ci.columbia-heights.mn.us.

Gary Peterson, Mayor (763) 788-7517

(c) (612) 978-9858

Gary.Peterson@ci.columbia-heights.mn.us

John Murzyn, Jr., Council Member (763) 781-4983

John.murzynjr@ci.columbia-heights.mn.us

Bruce Nawrocki, Council Member (763) 571-1311

Bruce.Nawrocki@ci.columbia-heights.mn.us

Donna Schmitt, Council Member (763) 634-1356

Donna.Schmitt@ci.columbia-heights.mn.us

Bobby Williams, Council Member (763) 788-1113

(c) (612) 414-3981

Robert.Williams@ci.columbia-heights.mn.us

Strategic plan, continued from page 6

The survey showed an overwhelmingly positive response, an outstanding trend the police department wants to continue building upon. Since 2008, when Nadeau began as chief, his goal has been to create a department that is both internally and externally competent and respected.

Back then the Chief first created a strategic plan, ensuring the direction of the department's future. Since then the team of people creating the strategic plan has expanded and so have the ambitions of the department and its employees.

The 2015 strategic plan was created by the largest group yet, using the outline Nadeau created almost 7 years ago as a starting point, then building upon the sturdy base he provided to make the strategic plan a true testament to teamwork and community.

It is the goal of the strategic plan to create a successful organization, and a successful police department as determined by the community it serves. The 2015 strategic plan does just that, unmistakably laying out the direction of a police department committed to both serving and protecting each and every citizen of this great city.

IMPORTANT PHONE NUMBERS

Police/Fire/Medical Response 911
If you cannot complete your call
using 911..... (763) 427-1212

CITY OFFICES (763) 706-3600
TTY/TDD..... (763) 706-3692
Mayor & City Council ... (763) 706-3607
City Clerk..... (763) 706-3611
City Manager..... (763) 706-3610
Personnel-General (763) 706-3606
Personnel-Job line (763) 706-3616
Assessing..... (763) 706-3700
Garbage/Refuse Pick-up/
Recycling (Advanced
Disposal Services).... (763) 225-8705
Utility Billing..... (763) 706-3640

Public Works Dept. (763) 706-3700
Engineering/Maintenance Operations
Emergency After Hours 911

Fire Dept. Administration & Information/
Emergency
Management (763) 706-8150
Fire Chief..... (763) 706-8152
Assistant Fire Chief (763) 706-8154
Rental Housing/
Property Maintenance
Inspections..... (763) 706-8156

Police Administration & Information
Records & Info., Patrol,
Investigations (763) 706-8100
Crime Prevention..... (763) 706-8100
Police Chief (763) 706-8100
Community Policing
Coordinator (763) 706-8128

Community
Development (763) 706-3670
Comm. Dev. Director.... (763) 706-3675
City Planner (763) 706-3673

Parkview Villa..... (763) 706-3800
Bldg. Permits/
Licenses (763) 706-3678
Recreation Dept. (763) 706-3730
Recreation Director (763) 706-3732
Senior Programs (763) 706-3735
Athletics Coordinator ... (763) 706-3733
CHASE & Youth Enrichment
Coordinator..... (763) 706-3733
24-Hour Info. Line-Murzyn
Hall info., Cancellations,
Directions..... (763) 706-3737
Murzyn Hall Rental (763) 706-3734
Hall After Hours..... (763) 706-3732

Columbia Heights
Public Library..... (763) 706-3690

U.S. Post Office,
940 44th Ave. N.E.800-275-8777

FIRE DEPARTMENT

825 41st Ave. NE,
Columbia Heights, MN 55421

fire@ci.columbia-heights.mn.us

Non-Emergency.....(763) 706-8150

EmergencyCall 9-1-1

Fax.....(763) 706-8151

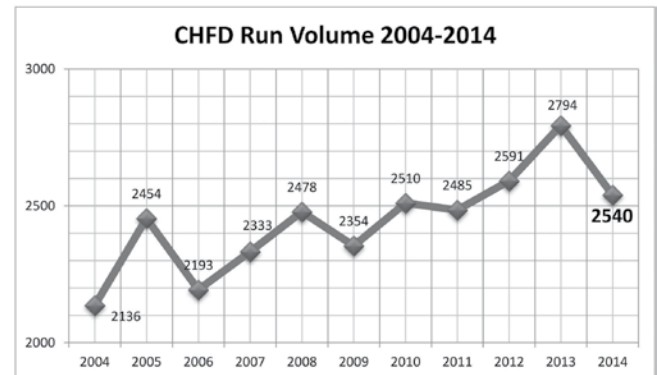
Housing Maintenance Inspections(763) 706-8156

fireinspections@ci.columbia-heights.mn.us

Access to the Fire Department during city business hours is through the main lobby. During evenings and weekends, staff members can be accessed by ringing the night bell outside the Fire Department service door by the overhead garage doors. Fire Department information can be found at www.ci.columbia-heights.mn.us under the fire department heading.

Call volume reached 2,540 last year

In 2014 the Columbia Heights Fire department responded to 2,540 calls. Firefighter/EMTs handled 729 fire related and 1,811 medical related calls. A total of 84.8% of all calls have a response time from dispatch to arrival of 6 minutes or less. Below is a chart of call volumes for the past 10 years.



Hoarding and fire safety: The dangers of too much stuff

Many fire departments throughout the country are experiencing serious fires, injuries, and deaths as the result of compulsive hoarding behavior. The excessive accumulation of materials in homes poses a significant threat to firefighters fighting fires and responding to other emergencies in these homes and to residents and neighbors. Studies suggest that between three and five percent of the population are compulsive hoarders. In our city, a hoarding household is discovered at least once a year.

What is hoarding?

Hoarding is defined as collecting or keeping large amounts of various items in the home due to strong urges to save them or distress experienced when discarding them. Many rooms in the home are so filled with possessions that residents can no longer use the rooms as designed. The home is so overloaded with things that everyday living is compromised.

Why do people become hoarders?

Hoarding is a mental disorder that can be genetic in nature, triggered by traumatic events, or a symptom of another disorder, such as depression, obsessive compulsive disorder or dementia. Studies have found that hoarding usually begins in early adolescence and gets worse as a person ages. It is more common among older adults.

Why is hoarding an issue for the fire service?

- Hoarding can be a fire hazard. Often, blocked exits prevent escape from the home.
- Responding firefighters can be put at risk due to obstructed exits and falling objects. Hoarding makes fighting fires and searching for occupants far more difficult.
- Nearby structures can be quickly affected when a fire occurs, due to excessive smoke and fire conditions.

For additional information, the National Fire Protection Association (NFPA) provides a free guide on hoarding. <http://www.nfpa.org/~media/Files/Safety%20information/For%20consumers/Hoarding/hoarding.pdf>

Fire department needs to see your address numbers

Please check and make sure that the address numbers on your property can be seen by the Columbia Heights Police and Fire Departments in case of an emergency.

“It is amazing how much time can be saved if your numbers are clearly visible, especially in an emergency where every second counts,” said Fire Chief Gary Gorman.

Numbers:

- should be visible from the street. Minimum size for address numbers is four inches and should be a contrasting color to its background
- are often forgotten to be placed on a home or garage after a residing project
- should not be covered by tall shrubs and trees
- are also required on the rear of your property or on your garage if you have an alley.

Permits are required for recreational fires



As we enter the season for recreational fires, the Columbia Heights Fire Department reminds residents that recreational fires within the city limits require a permit. Permits can be obtained in person at the fire department by an adult 18 years

and older seven days a week from 8 a.m. to 8 p.m. Up to nine free daily permits can be obtained or an annual permit may be purchased for a small fee. Daily fire permits may be obtained up to one week in advance from the date of the recreational fire. Rules are listed on the permit and are strictly enforced.

Fire safety tips for people with disabilities

Smoke alarms with flashing lights: People who are deaf or hard of hearing should use alarms with strobe (flashing) lights that have been tested by an independent testing laboratory. The alarms for sleeping areas with strobe lights are required to be of a special high intensity that can wake a sleeping person. Most major smoke alarm companies offer alarms with strobe lights. For information on availability and pricing, go to the manufacturers' Web sites. Manufacturers, distributors, and retailers of smoke alarms that meet U.L. standard 1971 for people who are deaf or hard of hearing include: Ace Hardware Corporation, BRK Electronics, Gentex Corporation, Kidde Fire Safety, and Menards, Inc.

Smoke alarms with 10-year batteries: Alarms with 10-year lithium batteries eliminate the problem of having to change batteries. The batteries are designed to last the life of an alarm. Ten-year battery alarms still need to be tested in accordance with manufacturers' instructions at least once a month.

Features that make testing the alarm easier: Some alarms are equipped with large, easy to push test buttons. Alarms that can be tested by using a flashlight or television remote are particularly helpful for people with mobility disabilities, people who are blind or have low vision, or for older adults.

Avoiding nuisance alarms: Alarms that go off because of burnt toast, steam, or other non-threatening sources can be a nuisance and can discourage people from using smoke alarms.

Use alarms with a silencing feature that can be pressed to delay the alarm for a short period time. If the smoke does not clear in a certain amount of time, the alarm will sound again.

Installation and maintenance: Install smoke alarms on every level of your home and outside each separate sleeping area. If you sleep with bedroom doors closed, have a qualified electrician install interconnected smoke alarms in each room so when one sounds, they all sound. Install a new battery in all conventional alarms at least once a year. Test your alarm at least once a month, following the manufacturer's instructions.

Escape: Include everyone in your home and make a home escape plan, making provisions for anyone who has a disability. Practice your plan at least twice a year.

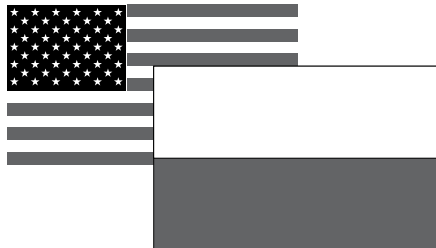
What to do if your carbon monoxide alarm goes off

If the alarm is intermittent, check the battery. If the alarm is constant get the family outside and call 911. This is very important if anyone in your family feels sick. The operator will ask questions to see if an emergency response (fire department or ambulance) is necessary. If not an emergency:

- open windows
- if possible, shut off fuel-burning equipment then contact your fuel supplier or someone trained to repair heating equipment or chimneys.

Sister Cities group reports on activities including art competition

The 9th Annual Showcase for Young Artists & Authors will take place at 7 p.m. on April 22 in Murzyn Hall sponsored by the Columbia Heights Sister City International (SCI) group. The public is invited to this free event to view the artwork, essays and poetry created by talented local students, ages 13-18, using this year's Showcase theme of "Connecting Communities for Peace."



Local professional artists will judge the entries and award prizes and certificates. Local winners will have their entries forwarded to Sister Cities, International/Washington, D.C., to be judged for national awards. Several Columbia Heights students have been first and second place national winners in past years.

Also on display, will be "Happy Spring" and "Friendship" cards made by students at Highland Elementary students that will be sent to children in Lomianki, Poland, the Sister City of Columbia Heights.

Correspondence between Columbia Heights Police Chief Scott Nadeau and the Kommandant of Lomianki's Police Department has confirmed the police officer exchange will take place this year in August or September when four Columbia Heights police officers will travel to Poland for mutual training and education. Then the Lomianki officers will visit Columbia

Heights in 2016. Nadeau and his officers are enthused about this unique project. SCI members have been fundraising to assist with expenses of the exchange. Additional donations from the community are greatly appreciated and can be made by contacting the co-chairs listed below.

The SCI group has been contacted by a student from St. Cloud State University who is researching Polish contributions and the SCI group's influence on Columbia Heights for his senior thesis. More info in future issues of this newsletter.

This is membership time—for NEW and RENEWING members. SCI currently has over 100 members and is proud that the renewal rate the past couple of years has been 99%. It is not required that you live in Columbia Heights or have Polish heritage to be a member of this dynamic organization. For more information, contact the co-chairs listed below.

Since the City of Minneapolis is hosting the global conference for Sister Cities International July 16-18, this is an especially exciting time to be part of various activities and a great time to join.

Questions? Contact SCI co-chairs Gloria Bergstrom (651) 633-0506 or Dolores Strand (763) 571-1709.

Water pipes will be cleaned and lined over summer

This summer the City of Columbia Heights, working cooperatively with the Minneapolis Water Works, will clean and line approximately 6,806 lineal feet of water main.

The 2015 program area includes:

- Main Street from 37th Avenue to 40th Avenue
- Edgemoor Place from 40th Avenue to 3rd Street
- 44th Avenue from Tyler Place to Tyler Place
- 37th Avenue from Main Street to 3rd Street
- 3rd Street from Edgemoor Place to 37th Avenue
- 44th Avenue from Tyler Place to McLeod Street

The work is needed because when cast iron water main pipes were installed 40 or more years ago, the interior of the pipe was not lined with a protective coating to prevent mineral build up. As a result, iron deposits can build up in the pipes and can contribute to discoloration. To correct this, the City will clean the water mains to remove build up and install a protective coating to prevent new rust from forming which keeps the water clear. This will add approximately 35-50 years to the life of the pipes.

Learn more about Emerald Ash Borer

Emerald Ash Borer is a non-native invasive insect that destroys ash trees in great numbers. It has already killed millions of ash trees in North America. The insect will have a huge effect on Minnesota's landscape and the 998 million ash trees that grow in our cities and forests. For more



information, please visit the City of Columbia Heights website

at <http://www.ci.columbia-heights.mn.us/index.aspx?nid=247>

Free composting now available



Residents of Columbia Heights now have the opportunity to drop off organics (all food scraps and food-soiled paper) at the city's Recycling Center, 3801 Madison St. NE, on Saturdays from 9 a.m. to 1 p.m. There

will be "organic only" carts in the Recycling Center which will be emptied weekly and taken to a commercial composting facility. This service is funded by a grant. Please call Public Works at (763) 706-3700 to receive a free starter kit and the required bags for organics disposal.

String lights disposal: No need to throw away Christmas lights. The Recycling Center now accepts LED string lights year round.

Street sweeping begins in April

The City's street department will begin street sweeping as soon as weather permits, usually in early April. Areas around lakes and ponds will be swept first to minimize the amount of sediment entering these bodies of water. Sweeping operations will continue until all streets have been swept twice and then on an as-needed basis until fall.

Permits required for dumpsters, PODs

The City of Columbia Heights requires a permit for any non-motorized obstruction that is placed in the street, such as dumpsters, storage containers (PODs), and building/landscape materials. Get permits at the Public Works administrative office at 637 38th Avenue NE between the hours of 7 a.m. and 3:30 p.m. Permits cost \$25.

Flashers are required if the obstruction will remain in the street overnight. These are also available from the Public Works department with a \$150 deposit. Obstructions must be placed at least 30 feet from an intersection and 10 feet from an alley entrance. Permits are issued for up to 30 days. If a longer timeframe is needed, please consider other arrangements.

Fire hydrant flushing program begins in April

The fire hydrant flushing program will take place from April 13 through May 4. Hydrants will be flushed from 7 a.m. to 3:30 p.m.

It is necessary to flush all fire hydrants in the city for several reasons:

- To ensure that hydrants are in good working condition.
- To flush out sediment and rust deposits that accumulate in the water system.
- To evaluate water pressure and flow throughout the city.

The hydrant flushing schedule is:

- North of 45th Avenue, East of Central Avenue - April 13, 14, 15, 16
- South of 45th Avenue, East of Central Avenue - April 17, 20, 21, 22
- North of 45th Avenue, West of Central Avenue - April 23, 24, 27, 28
- South of 45th Avenue, West of Central Avenue - April 29, 30, May 1, 4
- You may notice some temporary discoloration of the water while hydrant flushing is being done in your area. This is caused by iron particles that have been dislodged from the water mains.

Avoid washing clothes while hydrants are being flushed in your area, as discolored water may stain clothes. If your water is discolored, flush your residential system by running the cold water (perhaps water your lawn or trees) for 10 to 20 minutes.

NOTE: Additional localized hydrant flushing may be necessary throughout the spring, summer and fall to maintain and/or improve water quality.

Contacts for water, sewer emergencies

- Weekdays: 7 a.m. - 3:30 p.m.
(763) 706-3700
- After-hours: (763) 427-1212 or 911

The after-hours phone number is for the Anoka County emergency dispatchers who will answer the phone by saying, "Police and Fire." Explain your problem and the dispatcher will contact the appropriate person for the service needed.

Remember, property owners are responsible for the water service from the house or structure to the water main in the street, including the corporation stop at the water main and curb stop at the right-of-way.

REFUSE, RECYCLING AND YARD WASTE

Advanced Disposal Services, Inc.

(formerly Veolia ES)

Customer Service Phone: (763) 225-8705

E-mail: columbiaheights-ads@advanceddisposal.com

Website: www.advanceddisposal.com/mn/saint-paul/saint-paul-collection/guideline/columbia-heights-mn

Anoka County Integrated Waste Management

Phone: (763) 323-5730

Website: www.anokacounty.us/355/Integrated-Waste-Management

City Refuse/Recycling website

www.ci.columbiaheights.mn.us/index.aspx?nid=223

Public Works Department Phone: (763) 706-3700

Holiday Schedule

Presidents Day, Feb. 16: no delay in service

Good Friday, April 3: no delay in service

Memorial Day, May 25: Monday through Friday service delayed by one day

Recycling

- Plastic bottles, jugs and tubs #1-7 now accepted.
- Single-sort recycling collection is every other week. Please check the Advanced Disposal Services website or call (763) 225-8705 for your collection day.
- Please do not place recycling materials in plastic bags; dump the items loosely in the cart or use paper bags. Plastic bags cause problems with the sorting system at the processing plant.
- Rinse out cans, bottles and jars.

Yard Waste

- Collection will begin in April after snow cover has melted.
- Bag (ASTMD6400 compostable only) or bundle branches.
- Place on the street curb.
- Anoka County yard/tree waste site (763) 767-7964.
- Yard waste carts are available to residents. Order by calling (763) 706-3700.

Computers/Electronics Disposal

Electronics must be properly disposed of due to the hazardous nature of the material. Please call Advanced Disposal Services at (763) 225-8705 to schedule a pickup. A flat \$5.00 collection fee will be charged. Items must come from the property. You may also drop items off at various disposal sites, which may charge a fee.

Approved sites are listed on the county and state web pages:

- www.anokacounty.us/1653/Search-the-Recycling-and-Disposal-Direct. Use "electronics" in the search box.
- www.pca.state.mn.us

Bulk Collection

To ensure timely pickup of bulky items such as furniture and mattresses, please call (763) 225-8705 to arrange for collection. Items must have come from the property.

Appliance Disposal

Call Advanced Disposal Services at (763) 225-8705 to arrange for a pickup at your home. Remove doors from freezers and refrigerators. Each property is offered one free appliance pickup per calendar year.

Anoka County Household Hazardous Waste Facility (763) 323-5730

It is illegal to dispose of hazardous waste in the garbage. This includes such items as aerosol cans that have contents remaining, antifreeze, driveway sealer, gasoline and other fuels, mercury, liquid paint, paint stripper, paint thinner, pesticides, varnish, wood preservatives and other household products that are corrosive, flammable, combustible or poisonous. Take these items to the Anoka County HHW facility located at 3230 101st Ave. NE in Blaine. There is no charge for disposal of these items at the facility. For more information, visit: www.anokacounty.us/369/Household-Hazardous-Waste-Facility

Columbia Heights Recycling/Drop Off Center for area residents and businesses

Location and hours:

- Madison St. and 38th Place NE
- Saturday, 9 a.m. to 1 p.m.
- Closed holiday weekends.

Items accepted:

Paper	Cans	Oil filters	Cardboard	Antifreeze
Tires	Used oil	Glass bottles	Scrap metal	Plastics
Fluorescent bulbs	Household batteries	String Lights		

NO garbage, NO hazardous materials, NO furniture
NO appliances, NO trash, NO lumber, NO electronics

Tires: Leave old tires at the store when purchasing new ones. Residents may bring four car or light truck tires per year. MUST be off the rims.

Used motor oil and oil filters: Accepted only during hours
Recycling Center is open for non-business purposes only.

Organics drop-off: Call 763-706-3700 to order a free starter kit and required bags for disposal.

RECYCLING TIP:

Reduce solid waste disposal by selling or donating household goods. Refer to your Anoka County Recyclopedia for ideas on where and how to donate, or visit www.anokacounty.us/1653/Search-the-Recycling-and-Disposal-Direct search for "donate." To request a Recyclopedia please call (763) 706-3700. **DON'T THROW AWAY, DONATE TODAY.**

Please tell us about your recycling success

Why do you think it is important to recycle? Does your household recycle on a regular basis? Have you developed a good system for recycling? We'd like to share recycling stories in future newsletters, so please call Sue at (763) 706-3700. A household recycling basket will be offered to those whose stories are published.

TOP VALU LIQUOR

TOP VALU STORE I: (763) 706-3819 • TOP VALU STORE II: (763) 706-3813 • HEIGHTS LIQUOR (763) 706-3790

TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE



Seagram's Vodka
80 proof
750 ml **\$6.97**



Coupon expires 4/4/15. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE



**Malibu Coconut,
Red, & Black Rum**
liters **\$13.97**



Coupon expires 4/4/15. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE



Rum Chata
750 ml **\$16.97**



Coupon expires 4/4/15. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE



**Skinny Girl
Prosecco**
750 ml **\$5.97**



Coupon expires 4/4/15. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE



Gascon Malbec
750 ml **\$8.97**



Coupon expires 4/4/15. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE



Zen of Zin
750 ml **\$6.97**



Coupon expires 4/4/15. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE



Old Style
24 cans **\$13.97**



Coupon expires 4/4/15. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE



Grain Belt Premium
24 bottles **\$16.97**



Coupon expires 4/4/15. While supply lasts. No further discount. Store not responsible for typographical errors.